



ON TIME
Electric - Plumbing - Heat & Air
www.ontimegroup.ca
NEED A NEW FURNACE? \$2,699* INSTALLED!
Hi-Efficiency Furnace
Call Now to See if this Unit is Right for Your Home
*Not applicable taxes. Furnace may not be exactly as shown. Some conditions apply.
A+ ACCREDITED BBB MEMBER
HONESTY • INTEGRITY • EXCELLENCE • RESPECT

It's Time To Call...
204.774.1474

We are a participating supplier in the Manitoba Hydro's Power Smart Program. APPLY TODAY & GET PRE-APPROVED - WE DO THE PAPERWORK

EYES ON YOUR FRIES:
The new world of drone business P.6

Tweeting for a living? Yes, really.

Inquire about our
#MediaCoordinator program.

Promises over property tax

Budget. NDP vow to keep revised deadline, plan to double existing tax rebate for seniors

The Manitoba government will eliminate the education property tax for seniors as promised by next year, Finance Minister Greg Dewar said Tuesday, just hours after he appeared to hedge on a timeline.

"We made a commitment to eliminate it and we'll eliminate it by 2016," Dewar said. "We're on track to do it. You'll see more information when the budget is tabled at the end of (April)."

Dewar was asked three times at an earlier news conference whether the NDP government would keep its 2016 target date. He said it was being discussed in advance of the provincial budget set for April 30.

"We're working on that. You'll see more information when the budget is announced."

"You don't have a target date anymore? It's just floating

now?" a reporter asked.

"We'll consider that as we move along. We still, as I said, have between now and the end of April to finalize the budget."

The property-tax promise has already been pushed back once. The NDP said during the 2011 election campaign the tax would be gone by 2015. Last year, the New Democrats pushed the target date to 2016.

Dewar did announce a step toward the goal Tuesday. The province plans to double the existing rebate on the education property tax paid by seniors this year to \$470 from \$235.

Combined with other property-tax credits, the change means more than one in four seniors will not pay any education property tax. The move will cost the province \$11 million.

The government has already come under fire for breaking another 2011 campaign promise: to not raise the provincial sales tax. It jumped to eight per cent from seven in 2013 and prompted voter anger and an internal revolt that Premier Greg Selinger survived at a party convention earlier this month. **THE CANADIAN PRESS**



AND A FUNDRAISER TO BOOT

Winnipeg firefighter Mike Lisowick holds up the boot that will be lowered down from the roof of the Osborne Village fire hall to collect donations for Muscular Dystrophy Canada. He and three other firefighters will live on the roof until Friday for the annual Firefighter Rooftop Campout fundraising campaign. Firefighters and volunteers will also collect money from drivers at street corners in Osborne Village from Wednesday till Friday during the morning rush hour and over the afternoon drive home Wednesday. **SHANE GIBSON/METRO**

MITT HIGH OPEN HOUSE

THURSDAY, MARCH 19 AT 6:00 PM - 130 HENLOW BAY Visit MITT.ca or call 204.989.6500

A NEW HIGH SCHOOL FOR ALL OF MANITOBA

CARPENTRY | HAIRSTYLING | INDUSTRIAL WELDING | MOTOSPORT TECHNICIAN

MANITOBA INSTITUTE OF TRADES AND TECHNOLOGY
THE WORK SCHOOL

Tight budget timeline panned

A common complaint among the people that came forward to speak on the 2015 budget was the tight deadline for feedback.

Former councillor Harvey Smith said he'd be hopping on buses to tell riders about the 5-cent increase to bus fares in 2016 to pay for the Southwest Transitway, since many don't know about the proposal.

"It seems to me that this (fee hike) is unreasonable," Smith told executive policy committee members during Tuesday's special meeting on the 2015 budget.

"There's not enough time to have a campaign now, but you should be aware that all those transit riders are going to be very upset when they have to pay 10 cents more a trip."

Another former councillor, Jae Eadie, appeared at the meeting asking for information on the \$2-million budget line for a bridge at Shoal Lake, which is where Winnipeg gets its water.

Eadie urged EPC to hold off delivering the money until they get the documents that back up the need for the bridge.

Coun. Janice Lukes, who chairs the committee that

oversees water and waste, said she will make sure that this information is made public.

Mayor Brian Bowman said he understands and even agrees with the criticism of the 2015 budget process.

"I think it's a fair criticism, we felt that way as EPC members as well," Bowman said after the meeting.

BERNICE PONTANILLA/METRO



Harvey Smith keeps up the tradition of his phone ringing in the city hall chamber on Tuesday. Smith told the caller he was there to talk "some sanity" into EPC. BERNICE PONTANILLA/METRO

Community groups fight for \$100,000 in recreation funds

Budget. Mayor insists there won't be any pool closures in the city, and they're only looking to increase 'efficiencies'



BERNICE PONTANILLA

bernice.pontanilla@metronews.ca

The biggest fight resulting from Winnipeg's \$994-million operating budget is shaping up to be the \$100,000 in "efficiencies" for city pools.

Several delegations — including a medical professional — spoke Tuesday against cuts to recreation, saying that the savings to our health-care system makes recreation a good value for money.

Marianne Cerilli of Friends of the Sherbrook Pool said the City of Winnipeg funds recreation operations at \$32 per capita, while cities of a similar size fund recreation at an average of \$59 per capita.

"Recreation is not the place, aquatic services are



An unmanned camera provides the livestream of the special EPC meeting on the 2015 budget at city hall on Tuesday.

BERNICE PONTANILLA/METRO

not the place to be looking for efficiencies or further reductions to balance the budget," said Cerilli, who was one of more than 30 delega-

tions that provided feedback during the daylong special EPC meeting on the 2015 budget.

"There's thousands (of dol-

lars) that could be brought in through partnering with seniors organizations and seniors housing groups, school groups, parents with young

children and others to boost the numbers using facilities in the under-used times of the day."

Last week, the protection and community services committee approved a motion that axed the \$100,000 and added another \$100,000 in funding to promote city pool services.

On Tuesday, finance chair Coun. Marty Morantz said he believes EPC will reject the motion from protection and community services during Wednesday's regular EPC meeting.

Mayor Brian Bowman said he agrees with Morantz, but ultimately the \$100,000 in "reductions" will be a council decision to be taken on March 23.

"There won't be any pool closures, there won't be any wading pool closures, there will be administrative efficiencies that we'll be looking for."

Bowman said he's an avid swimmer and would like to hear Cerilli's community partnership ideas to maximize the use of city pools.

**the
Children's
Hospital
Research
Institute
of Manitoba**
a division of the Children's Hospital
Foundation of Manitoba



Research... for a healthy future

Developmental Origins of Health and Disease: A new area of research that focuses on the role early life environment plays in the onset of diseases and conditions, such as asthma, Type 2 diabetes and obesity. Visit our website for more information on this important research.

www.chrim.ca



@CHRIManitoba



www.facebook.com/CHRIManitoba

Hefty price tag for sprinklers in care homes

Safety. Budget falls short of required \$125M

Manitoba is promising to install sprinklers in all its hospitals, group and seniors homes over the next decade but isn't committing to the \$125-million price tag just yet.

The upgrades were recommended by a fire safety task

force appointed after a fatal fire at a Quebec seniors home in January 2014. The fire in L'Isle-Verte, Que., killed 32 people and has prompted sweeping changes in the province.

Upgrading all provincially run facilities in Manitoba will cost \$125 million, the report said. The governing NDP has only budgeted \$70 million.

Although Manitoba said it accepts all the task force's rec-

ommendations, neither Labour Minister Erna Braun or Health Minister Sharon Blady would commit to the extra \$55 million.

The request will have to go through the normal budget process and be weighed against other priorities, Blady said.

"Requests are made from within the department through the regular Treasury Board process," she said Tues-

day. "We will always work towards ensuring that investments can be made for the safety and well-being of Manitobans."

The task force found one-third of 200 health care facilities and seniors homes in Manitoba don't have sprinklers. Just over 80 per cent of the 1,221 residential and child-care facilities in the province don't have sprinklers either.

The task force worked very closely with Ontario, which became the first province over a year ago to require sprinklers in all its facilities including group homes and seniors homes.

Most facilities were given five years to install sprinklers while long-term care homes were given until 2025.

But Conservative critic Dennis Smook said a decade

is too long, especially when it comes to ensuring the safety of vulnerable people. The NDP should commit to making the upgrades — and paying for them — quickly, he said.

"We know how technology changes in 10 years. The systems might be totally out of date in 10 years. We can't play with public safety for that long a period of time."

THE CANADIAN PRESS



Transit director Dave Wardrop has a dream of more buses for Winnipeg Transit. COLIN FAST/FOR METRO

City life. Winnipeg Transit is 'at capacity'

COLIN
FAST
winnipeg@metronews.ca

Winnipeg Transit is more popular than it's been in 25 years, but future growth is threatened by capacity issues, according to the agency's director.

Dave Wardrop told the public works and infrastructure renewal committee Monday his department carried just shy of 50 million riders in 2014, its highest level since 1990.

But Wardrop warned "dark clouds are on the horizon" because the city doesn't have enough vehicles to keep up with demand.

"We go nowhere," he said. "We don't keep up with the growth of the city and we don't grow faster than the growth of the city if we maintain our status quo number of buses."

Wardrop said the city needs to buy at least 37 new buses annually to replace obsolete vehicles and keep up with

In numbers

50M

Winnipeg Transit carried nearly 50 million riders last year.

population growth, yet it's only budgeting for around 32 vehicles per year.

While a few extra buses will be added to accommodate the launch of the U-Pass for university students and the extension of the southwest transit corridor, Wardrop said it won't be enough.

"We're at capacity," he said, noting ridership growth in 2014 was only 0.6 per cent.

Despite the long-term increase in riders and the development of several new neighbourhoods throughout Winnipeg, the overall size of the fleet has remained around 570 vehicles for the past 25 years, according to the Canadian Centre for Policy Alternatives.

Manitoba Hydro – your energy expert

How to operate the HRV in your home ...

Since 2011, the Manitoba Building Code requires all new homes to have a heat recovery ventilator or HRV installed in them. This mechanical ventilation system brings in outside (fresh) air, and as it enters the home, it is preheated by inside stale air that is exhausted outside.

The HRV lets you control air quality in your home. In winter, excess moisture and odours are exhausted out through the kitchen and bathroom fans when the HRV is on. Fresh air is brought in through the furnace ducting and distributed throughout the home by the furnace fan, which automatically operates whenever the HRV is on.

It's important to know how to operate your HRVs automatic and manual controls to avoid humidity issues in your home. Many HRV controllers also have a dehumidistat switch, so always check the operating instructions and learn how to use both functions.

Here are some things to consider when using an HRV.

- If the unit is set to run continuously, you could be drying out your house, particularly in the cold weather experienced on the prairies.
- If you run it on high speed for over an hour to remove moisture and odours, you could be increasing your heating/cooling costs.

- Be careful not to over ventilate as that could result in increased heating/cooling costs, and uncomfortably low humidity.
- During the winter, set the dehumidistat just low enough to prevent condensation on the windows.
- During the spring/summer, running the HRV continuously or too often will contribute to hot, humid air in the home and the air conditioning will run more frequently.
- If you aren't at home for an extended period of time, and you aren't contributing contaminants into the air, it may be possible to shut off the HRV.
- Shutting off or unplugging your HRV permanently is not a solution. This can result in high humidity levels which can lead to mould and mildew growth and unhealthy living conditions.

All of this can be controlled with an auto controller which will help you keep your home comfortable, at the correct moisture levels and help you save on your energy bill. So, check your maintenance manual, as it will give you important information on how to maintain your unit for maximum efficiency.

For more information visit hydro.mb.ca

For additional advice on saving energy... call us at 204-480-5900 in Winnipeg, or 1-888-624-9376 (1-888-MBHYDRO) or email powersmartexpert@hydro.mb.ca

 **Manitoba Hydro**
POWER SMART

*Manitoba Hydro is a licensee of the Trademark and Official Mark.

Meet 10 of Manitoba's Future 40

The votes are in: A panel from CBC Manitoba and Metro has pored over 195 nominations and arrived at a short list of Manitobans making a positive impact. They span the gamut — from artists, academics, activists, to scientists, entrepreneurs, educators and more. We'll unveil 10 new finalists each day until Friday.

CBC MANITOBA

Matt Erhard



Erhard took over the ownership of Summit Search Group, a professional recruitment and executive search firm, at the age of 29, joining a national executive ownership team of professional recruiters across Canada.

Erhard established himself as the leader in Winnipeg for recruiting in sales, marketing and management roles in all industries and sectors. Within the first year of ownership, he was able to grow the business and place well over 50 candidates in successful roles with new organizations.

Erhard has participated in the CEO Sleepout and gives back to the community in a variety of ways. He is the current committee chair of KidSport Winnipeg, helping underprivileged children to participate in sport.

Abdikheir Ahmed



Ahmed is the executive director of the Immigrant and Refugee Community Organization of Manitoba where he helps support and advocate for newcomers.

He came to Canada as a refugee 10 years ago, and now regularly opens his home to newcomer youth who need extra support or mentorship.

Ahmed is an active member of Winnipeg's Somalian and Muslim communities, and recently got a Citizen's Appreciation Award from the Winnipeg Police Service for building relationships between the newcomer community and police.

He also helped found Human-kind International, an NGO that recently opened the first-ever kindergarten for Somalian refugees and Kenyan locals in Daadab Refugee Camp in Kenya.



Maggie Henderson

Henderson helped develop a music program for at-risk youth at the Magnus Eliason Recreation Centre that has now helped more than 1,000 students.

She began volunteering at the centre six years ago when she was 19, and applied for grants to start the program that serves students age four to 17.

Now, she's a full-time music teacher and spends her off-time fundraising, recruiting music teachers, teaching voice and organizing recitals so the students can showcase their talents.

She also volunteers with Eco-Kids on Campus with her dad, who suffers from a traumatic brain injury. Together they teach young people about brain injuries.

Chris Loewen



Loewen is a venture developer at Protegra and founded the site Our-Butterfly.com, an online service that connects youth, volunteers, mentors and donors to see youth ideas turned into reality in the community.

He's also done a lot of community volunteer work including the CEO Sleep Out, resource assistance for Youth's Coldest Night of the Year campaign and is the director of the C.P. Loewen Family Foundation.

Johnny Fukumoto



Fukumoto founded Fukumoto Fitness in 2009. The gym uses group workouts to help people get fit, and Fukumoto connects members with local farmers to get free-range chickens and veggie boxes to promote local food and better nutrition.

He has represented Manitoba at fitness events across Canada and the United States including the World's Toughest Mudder in Las Vegas.

He has organized workouts for charity in support of Mood Disorders of Manitoba.

Fukumoto has raised thousands of dollars to send Romanian orphans to a healthy summer camp. He has visited three times to help lead the work in Romania.



Andi Sharma

Sharma helps Manitobans deal with food security issues including helping families access culturally appropriate, affordable and healthy foods.

She recently started the process to get her pilot's licence so she could fly food up to the North herself.

She is also an established researcher who works on new funding models for advancing food security.

Sharma will share that work at the World Food System conference in Switzerland later this year.

She's also a strong advocate for environmental protection and has spent six years volunteering with the Canadian Parks and Wilderness Society.

Kreesta Doucette



Doucette founded Food Matters Manitoba when she was just 30 years old.

The organization was Canada's first registered charity focused solely on food security.

Doucette has worked in Kenya with women's farming groups, community farm initiatives and also addressed the food needs of people living with HIV.

She has spent 10 years volunteering in the inner city, growing and harvesting food.

She also launched the Spence Neighbourhood Association's community garden program in 2001.



Kyler Harper

Harper has spent the last three years at FortWhyte Farms stewarding all of their animals (including 300 chickens, six heritage pigs and 20 rabbits.)

He's also an ambassador for the organization, teaching students about local food, nutrition and healthy lifestyle choices.

He's helping lead young people to healthier eating and sustainable living while studying in the University of Manitoba's faculty of social work and human ecology.

Harper has been involved in a number of initiatives, including a locavore cook-off, Habitat for Humanity, and a farm-to-fork education program for inner-city kids.

Mandel Hitzer



Hitzer co-founded RAW: Almond, a pop-up restaurant on ice that has put Winnipeg on the international stage for its culinary industry.

Chefs from all over the world come to contribute to the pop-up, and Hitzer has used the event to raise money for charity by sleeping in the pop-up restaurant in freezing temperatures.

In 2007, Hitzer opened Deer + Almond in the Exchange District.

Dr. Mark Belmonte



Belmonte is a researcher and professor at the University of Manitoba who is working to bolster the province's agricultural economy.

Belmonte works with next-generation molecular and plant laser microdissection techniques and has helped put Manitoba on the world stage in agricultural research.

He has published 39 articles in academic journals, and teaches in the U of M's biological sciences department.

Crime. Young teens face charges over break-ins

Three teenage boys are facing charges in connection to a string of vehicle break-ins in the River Heights neighbourhood early Monday.

Officers patrolling near Kingsway Avenue and Campbell Street spotted several suspicious males suspected of breaking into vehicles around 4 a.m.

Officers caught two of the suspects a short distance away but the third fled by stealing a vehicle, according to police. The third suspect was arrested early Tuesday after leading police on a chase through the west end after officers noticed him driving a stolen vehicle near Ellice Avenue and McGee

Street at 1 a.m., police allege. The chase ended when the suspect crashed near Sargent Avenue and Victor Street.

Police believe the suspects are responsible for 15 vehicle break-ins.

Two 14-year-old boys are charged with three counts of theft under \$5,000, 14 counts of mischief under \$5,000 and two counts of possession of property obtained by crime.

A 13-year-old boy is charged with three counts of theft under \$5,000, 14 counts of mischief under \$5,000, theft of a motor vehicle, flight while pursued by a peace officer and driving without a licence. **METRO**

Health care

Pharmacist fired for accessing records

The Winnipeg Regional Health Authority (WRHA) has fired a pharmacist who "inappropriately accessed" the health records of 56 Manitobans.

The WRHA said they

discovered the trespassing after an audit of the system showed that the pharmacist, who worked at Grace Hospital, had a history of accessing and reviewing patient records for people they were not treating.

All who had their records accessed were notified, as was Manitoba's ombudsman, said COO Real Cloutier. **METRO**

Underdogs Rescue raising money for blinded puppy



Manitoba Underdogs Rescue is fundraising to help Percy the dog. CONTRIBUTED

Percy. Vet team seeks to ease pup's pain, fund expensive therapy to salvage his sight

A puppy taken in by a Manitoba dog rescue earlier this year after being blinded when a child rubbed hair dye into its eyes has had more bad news.

Percy, a Jack Russell Terrier cross now seven months old, was surrendered to the care of Manitoba Underdogs Rescue in February after suffering abuse at the hands of its previous owner's child. The rescue said the incident left Percy blind and in immense pain.

In a release Tuesday morning, Underdogs said a veterinarian has now diagnosed Percy with corneal endothelial dystrophy, a condition causing the thickening of the cornea and fluid buildup within the eye.

"Percy visited a veterinary ophthalmologist this past weekend, and we discovered

that the damage to his eyes is more extensive and heartbreaking than we initially thought," said Jessica Hansen of Manitoba Underdogs Rescue. She said treatments exist but are "expensive and risky."

The rescue is calling on dog lovers to help raise the \$5,000 needed for Percy's continued care. Percy is also on four medications that manage his condition and reduce pain.

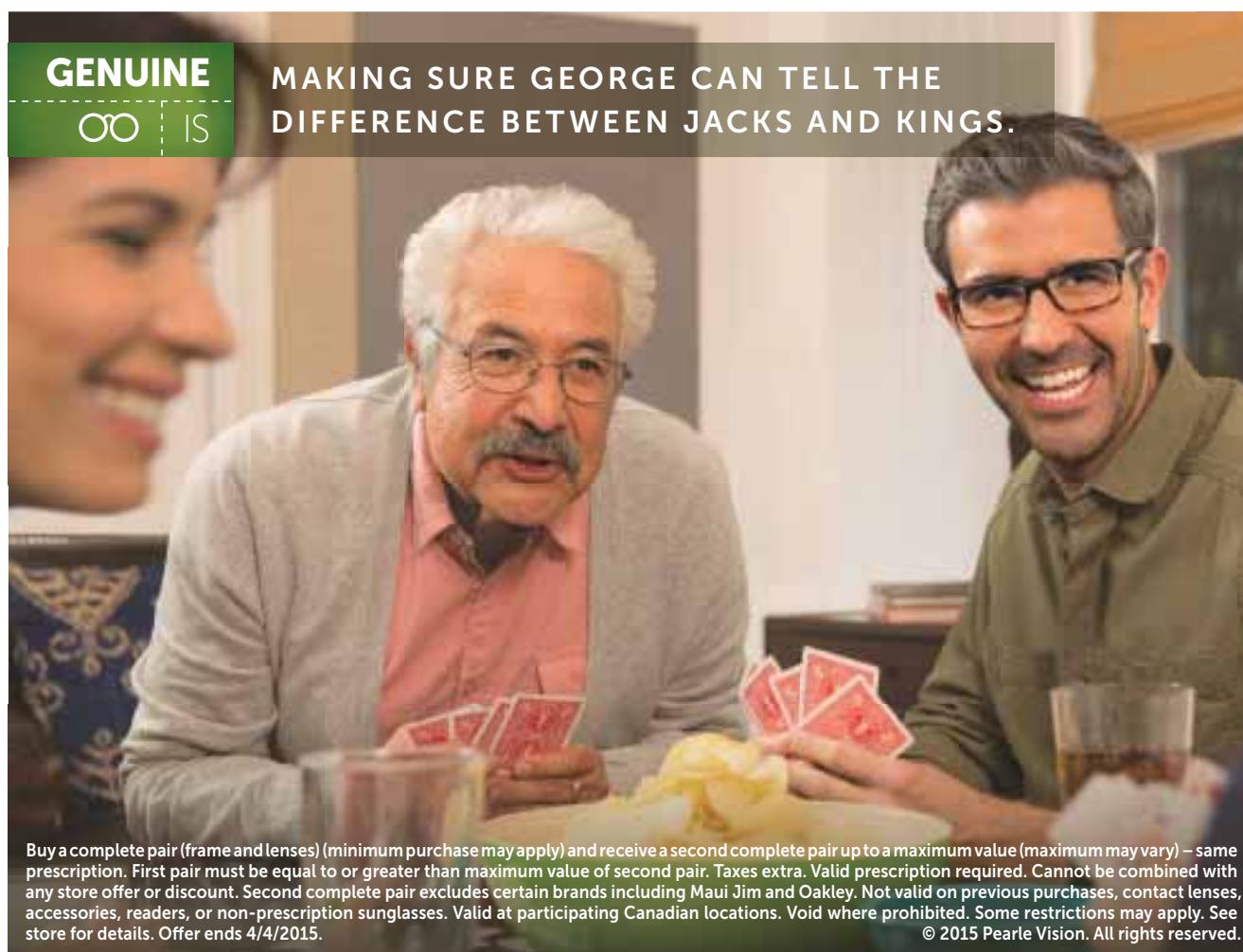
"Percy has approximately 25 per cent of his sight remaining in one eye, but unfortunately the other eye cannot be saved. We're hoping to save his limited sight with surgery," explained Hansen.

"We are considering a couple of options that may prevent the advancement of his condition. Obviously removal is the last thing we want to do, but our first priority (is) to stop this little guy from being in any pain."

Donations can be made at Dakota Veterinary Hospital or manitobaunderdogs.org/ donate. **METRO**

GENUINE
OO IS

MAKING SURE GEORGE CAN TELL THE DIFFERENCE BETWEEN JACKS AND KINGS.



Buy a complete pair (frame and lenses) (minimum purchase may apply) and receive a second complete pair up to a maximum value (maximum may vary) – same prescription. First pair must be equal to or greater than maximum value of second pair. Taxes extra. Valid prescription required. Cannot be combined with any store offer or discount. Second complete pair excludes certain brands including Maui Jim and Oakley. Not valid on previous purchases, contact lenses, accessories, readers, or non-prescription sunglasses. Valid at participating Canadian locations. Void where prohibited. Some restrictions may apply. See store for details. Offer ends 4/4/2015.

© 2015 Pearle Vision. All rights reserved.

**BUY ONE
GET ONE
FREE**

On a complete pair of eyeglasses or Rx sunglasses

VISIT PEARLEVISION.CA TO FIND YOUR NEIGHBOURHOOD EYECARE CENTRE

6 CONVENIENT WINNIPEG LOCATIONS

PEARLE
EST. 1961
VISIONSM

THIS IS **GENUINE EYE CARE**™

Most major vision plans accepted

NEWDRONEWORLD

Metro looks at how drone technology is changing the skies in Canada

Wednesday— Droning becomes big business

Thursday— Officers aren't using drones to spy... yet

Friday— You can make friends with #droneselfies

The droning of a new era



Technology. Business applications for drones used to be strictly militaristic, but now the sky really is the limit

 IRA LAMCJA
ira.lamcja@metronews.ca

Eight years ago, Dave Kroetsch couldn't find a buyer for his drones. The CEO and president of Waterloo, Ont.-based Aeryon Labs went door-to-door, pitching to police officers, power inspection companies, surveyors and more, but no one had any idea how drones could help their business.

"When we started this in 2007, no one even knew what a drone was," Kroetsch says. Drones had been used by the military, and some universities were doing experiments, but the average person hadn't heard of the new technology.

Fast forward to 2015, and drones are becoming an inevitable part of our lives. In recent years, as the technology has developed and prices have dropped, drones have become far more commonplace and are as varied as the applications they're used for — from toy drones for hobbyists to commercial drones used in farming.

Aeryon's heavy-duty drones are now deployed for industrial use. They have military applications, such as tactical awareness and surveillance, but are also used in public-safety initiatives, such as fire management, crowd control and search-and-rescue missions. That's in addition to their large-scale commercial applications, including pipeline monitoring and precision agriculture.

Prices drop, drones rise:

Stewart Baillie, chairman of Unmanned Systems Canada (USC), a non-profit promoting the drone industry, says interest in drones has increased in the past decade, partly due to increasing affordability. Twelve years ago, Baillie says, people were talking about drones for purely military purposes.

"The technology was very expensive and very difficult to use," he says, noting the regulations at the time were also difficult to navigate.

Battery, camera and GPS technology, as well as the smartphone revolution, "have come together at a great time," Kroetsch says. A simple Phantom toy drone from Dajiang Innovations (DJI) costs around \$1,000. A Parrot drone, used primarily for recreational purposes, retails for about half of that.

Transport Canada is also helping commercial drones get in the air. To keep the skies safe, it's working to ensure drone operators steer clear of commercial airplanes. To this end, Transport Canada authorities have differentiated between model aircraft, which don't need to be regulated, and Unmanned Aerial Vehicles (UAVs) or commercial drones.

A model aircraft is characterized as being under 35 kilograms and used solely for hobby purposes. To fly commercially, operators must apply for a Special Flight Operation Certificate (SFOC), detailing their safety and security plans, and have their drone insured.

In 2010, Transport Canada established a UAV Working Group to create rules ensuring operators are trained and that the drones meet safety standards. The same year, the agency issued just 66 SFOCs to individuals or businesses seeking to operate drones commercially. As of Sept. 15 of last year, Transport Canada had issued 1,020 such certificates.

Pies in the sky no more:

When it comes to uses for commercial drones today, the sky really is the limit. Retail giants such as Amazon are seeking approval in the U.S. to initiate outdoor research into drone delivery systems. Amazon's program, Prime Air, has an ambitious goal: getting a package into customers' hands via drone in 30 minutes or less.

Amazon is confident about it, too. The company declares on its website: "One day, seeing Prime Air vehicles will be as normal as seeing mail trucks on the road."

From dance duty to crop watch

Canadian businesses from across the country are getting creative with this technology



Surveying the lay of the land

Accus Inc, a Salmon Arm, B.C., land-surveying company, is an early adopter, putting drones to use since 2007 to conduct aerial surveys and map terrain. The company uses drones in a number of industries in which land surveying is necessary but difficult, including agriculture, oil-and-gas and waste management.



All part of the performance

In a recent Cirque du Soleil performance entitled Sparked, a repairman's lamps come to life and enter a majestic dance with him. The lamps are, in fact, computer-programmed drones. "We thought it was very interesting to divert this object and bring poetry, magic, whimsy to it," said Welby Altidor, who was Cirque du Soleil's project lead in creating Sparked. But the real magic came from the drones' computer programming, which synchronized all the movements, allowing for a fluid and harmonious flight.



And the award for best cinematography goes to ...

Kaspi Films, a small company based in the Greater Toronto Area, offers professional cinematography and photography services using drones. Among its projects, Kaspi has used drones for aerial photography of the Niagara Falls region and aerial video for a KFC commercial.



Spying on future fries

McCain Foods has a drone equipped with cameras that capture a bird's-eye view of their potato crops in New Brunswick. In a joint project with Resson Aerospace, McCain operates the drone above its fields, and Resson takes the data and analyzes it to improve efficiency and assess crop health. The 2014 season was their second using a drone.

Gender inequality

Blog exposes restaurant sexism

Four Women's Studies students from the University of Alberta are so fed up with sexism in Edmonton restaurants that they have created an interactive blog that is exposing the shameful underbelly of the food industry.

The four created F.E.D. U.P. YEG (the acronym stands for Feminist Eatery Database Undercover Project), a website asking for stories of sexism, and say they have received several dozen responses from women.

One story on the site details how a manager in training at a male-focused restaurant chain was instructed to not hire any female staff he would not sleep with.

STEPHANIE DUBOIS/METRO IN EDMONTON

Freedom to protest

Activist criticizes anti-terror bill

Legislation such as Ottawa's proposed anti-terror bill would probably have put a quick end to Quebec's student uprising in 2012, says one of the movement's former leaders.

"From the moment people are suspected of terrorism or incitement to terrorism, the impact on the morale of people who are mobilizing is undeniable," said Gabriel Nadeau-Dubois, a former standard-bearer of the student movement.

He is adding his voice to those concerned with the extent of the powers that would be granted to intelligence agencies and police under the wide-ranging anti-terror bill.

THE CANADIAN PRESS

Sexist joke

Pub says sorry for sandwich board

An Ottawa pub has apologized following a social-media storm over a sexist sandwich-board joke. Local Public Eatery posted the sign: "Q: How many men does it take to open a Budweiser? A: None. The women should already have it open on the table." On Monday night, the restaurant tweeted: "What was written was not funny or tasteful."

LUCY SCHOLEY/METRO



Getting their green on for St. Paddy's

Tristan Smith, left, and Keith Eldridge, right, laugh as they share a pint on St. Patrick's Day at the Old Triangle bar in Halifax on Tuesday. Bars across Canada were packed for the annual Irish celebration. JEFF HARPER/METRO

Niqab. Tory MP forced to apologize for comments

Ontario Tory MP Larry Miller has been forced to apologize after suggesting that those who wish to wear a niqab while swearing the oath of citizenship ought to "stay the hell where you came from," Miller said.

The federal government is appealing the court decision and the prime minister has said he believes it goes against Canadian values to wear a full-face covering during a citizenship ceremony.

But on Tuesday, his office said Miller went too far. A spokesman said Miller's remarks were inappropriate.

"What the prime minister has stated is that we believe it is offensive that someone would cover their face at the very moment they want to join the Canadian family," Carl Vallee said in an email.

THE CANADIAN PRESS



The prime minister's office has forced Tory MP Larry Miller to apologize for remarks on niqabs at citizenship ceremonies. ADRIAN WYLD/THE CANADIAN PRESS

NDP leader blasts PM's gun remark

Firearms. Harper calls guns 'a tool' used by people who live far from police station

NDP Leader Tom Mulcair has called Prime Minister Stephen Harper irresponsible for encouraging people to arm themselves if they live too far from a police station.

Mulcair was referring to comments Harper recently made in Saskatoon where he was questioned at a meeting of rural municipal leaders about the government's priorities in dealing with firearms.

"It's a tool that many people use in their lives, obviously in their livelihoods," the prime minister told the Saskatchewan Association of

Rural Municipalities.

"My wife's from a rural area. Gun ownership wasn't just for the farm, it was also for a certain level of security when you're a ways away from police, immediate police assistance."

"But also it's something people use for recreation and the vast, vast majority do so safely."

In Montreal on Tuesday, Mulcair accused Harper of "using the firearms dossier to divide Canadians."

"This time it's an attempt to divide the rural world from the world that lives in cities," he said.

The NDP leader added he was "quite astonished" to hear the prime minister tell people to use their own weapons to protect themselves.

THE CANADIAN PRESS

Visit clubmetro.com to enter

VISIT clubmetro.com TO ENTER

c4winnipeg.com

You could
WIN
1 of 7 pairs
of tickets to the
C4 Wonderland
Anime Festival

Contest Runs:
March 18 -
April 7, 2015

Netanyahu edges Herzog in close vote

Israel. Narrow margin casts doubt on who will form the next coalition government

Israeli Prime Minister Benjamin Netanyahu appeared to fend off a strong challenge from the country's opposition leader in parliamentary elections Tuesday, emerging from an acrimonious campaign in a slightly better position to form Israel's next government.

But with the sides nearly evenly divided, a victory by Netanyahu's Likud Party still was not guaranteed. His chief rival, Isaac Herzog of the Zionist Union, said he would make "every effort" to form a government, and an upstart centrist party led by a former Netanyahu ally-turned-rival was set to be the kingmaker. The country now heads into what could be weeks of negotiations over the makeup of the next coalition.

Both Netanyahu and Herzog will now compete for a chance to form a coalition that commands a majority in the 120-seat parliament. Netanyahu appeared to have a better chance

of cobbling together a government with right-wing and religious parties that he calls his "natural allies." Herzog would have to appeal to more ideologically diverse parties.

Either will likely need the support of Moshe Kahlon, whose new Kulanu party captured nine or 10 seats, according to polls. Kahlon's campaign focused almost entirely on bread-and-butter economic issues. He refused to take sides.

Exit polls on Israel's three main TV stations showed Likud and the Zionist Union in a near deadlock. Channels One and 10 gave Likud a 27-26 lead in the parliament, while Channel 2 gave Likud a 28-27 edge. The breakdown may change as final results pour in Wednesday.

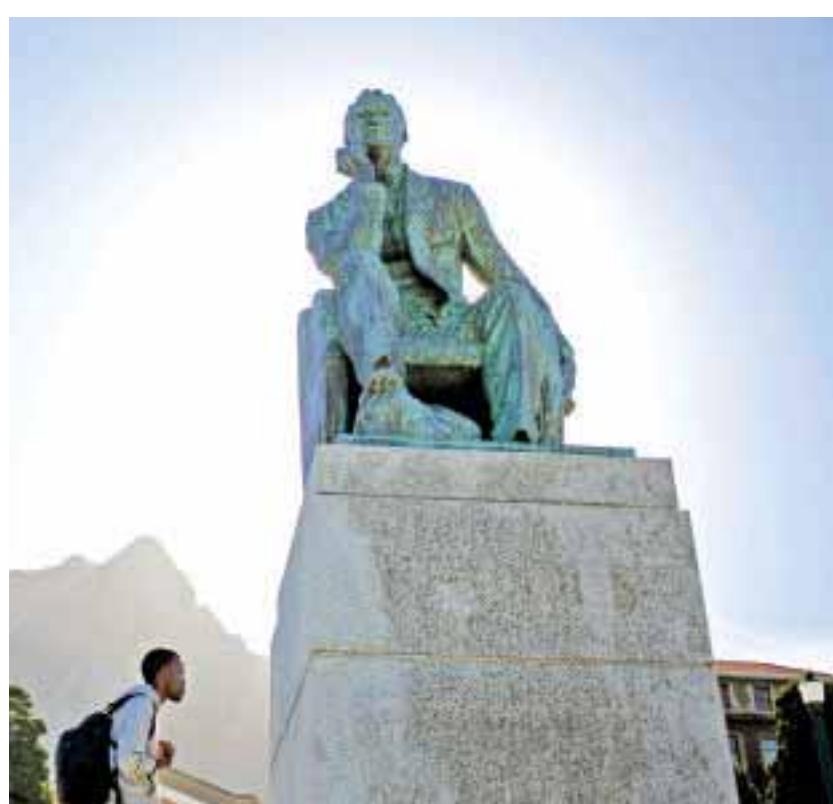
Netanyahu or Herzog will have to court potential partners to secure a 61-seat majority. Both parties have ruled out forming a unity government with each other.

President Reuven Rivlin will spend the next few days consulting other parties on who should form the government. He will then ask either Netanyahu or Herzog to negotiate a coalition government.

THE ASSOCIATED PRESS



Israeli PM Benjamin Netanyahu greets supporters in Tel Aviv Tuesday night. Exit polls from Israel's election had Netanyahu's Likud Party and Zionist Union leader Isaac Herzog in a voting deadlock. ODED BALILY/THE ASSOCIATED PRESS



Students wage online push to remove statue

Students walk past a statue of British colonialist Cecil John Rhodes at the University of Cape Town near the city centre of Cape Town, South Africa on Tuesday. Last week, student protesters from the school tossed excrement at it, arguing the monument is a tribute to the white domination of the past. Students have organized a social media campaign called Rhodes Must Fall. SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS

Brazil

Police defuse four prison rebellions

Police have quelled uprisings at four prisons in Brazil's state of Rio Grande do Norte, a law enforcement official said Tuesday. The Justice Secretariat believes the rebellions were co-ordinated by those belonging to an organized crime group. No deaths or injuries were reported. THE ASSOCIATED PRESS

Capital punishment

Pakistan executes 12 criminals

Pakistani officials on Tuesday executed 12 people in the country's single-largest day of executions since a moratorium on the death penalty was lifted in December, officials said. The executions are sure to raise concerns over due process and from human rights groups. THE ASSOCIATED PRESS

End of life

France approves bill to keep very ill patients sedated

France's lower house of Parliament approved a bill Tuesday that allows doctors to keep terminally ill patients sedated until death. The measure passed by a vote of 436 to 34. The bill now moves to the Senate. THE ASSOCIATED PRESS

Egypt. Two cases sent to court by prosecutor

Egypt's chief prosecutor on Tuesday referred a police officer to trial for the killing of a female protester during a peaceful demonstration in a case that has captured public attention largely because it was so thoroughly documented.

The death of 32-year-old Shaimaa el-Sabbagh, a mother of a young boy, in January on the eve of the 2011 uprising's anniversary caused an intense public outcry. Footage showed two black-clad police officers pointing their rifles in her direction as gunshots rang out following a command to fire.

Two weeks later, at least 22 soccer fans were crushed to death outside a stadium in Cairo after police fired tear gas to break up the crowd waiting in a narrow corridor to enter.

On Tuesday, the chief prosecutor Hisham Barakat also referred 16 fans to trial, accusing them of belonging to the Muslim Brotherhood. The statement said the defendants confessed to receiving money to plot the chaos outside the stadium in order to destabilize the country. THE ASSOCIATED PRESS

Penn State

Police investigate fraternity over nude images

A fraternity at Penn State University has been suspended as police investigate allegations that members used a secret Facebook page to post photos of nude women, some of whom appear sleeping or passed out. THE ASSOCIATED PRESS

ENERGY 106 JET WIN
ONE OF 8 TRIPS TO
ORLANDO, FLORIDA!

LISTEN AT 7:30AM, 1:30PM, 4:30PM

energy106.ca

Bahama Bay
RESORT
The Whitemarsh Mediterranean Restaurant
VISITFLORIDA.COM

VOICES

WHY DO WE DYE?

While we probably evolved to be attracted to colourful foods, some of the artificial tints in the products we buy might be harming our health

 **STEPHANIE ORFORD**
readers@metronews.ca

We love our colourful food. And for good reason.

Our primate ancestors are thought to have evolved to see reds because it helped them identify the nutritious red-tinged fruits and foliage in their environment.

Today, however, colour dyes play on our evolved desires—often to our detriment. A pack of red liquorice has all of the brilliance and none of the nutrition, aside from the sugar, of a pomegranate or a raspberry.

St. Patrick's Day saw drinks, food and even bodies of water dyed green. How much green beer did you drink last night?

Why are we still dyeing our products when there seems to be an increasing dislike of dye and fake colouring, particularly among Millennials? Dyes in foods and other products are often unhealthy and usually unnecessary, and we need to put pressure on companies to approach dyeing with a more critical eye and consider halting the practice altogether.

People have loved colouring their food and possessions throughout history, says Darren Dahl, professor of marketing at UBC's Sauder School of Business, who specializes in consumer behaviour.

"Colour can impact emotions, so it's a critical issue for companies to think about when they design their products," Dahl says. Many companies even hire colour consultants to keep them on trend.

Every time I buy dairy products, I



Much of the food and drink we ingest is dyed with artificial colouring. And while some dyes are innocuous, others, such as Red 3 used in glacé cherries, have been shown to cause cancer in animals. ALL PHOTOS: ISTOCK

have to spend a long time sorting through artificially orange cheese and yellow butter to find undyed versions, and they're often more expensive. I doubt most shoppers are aware how many of their foods contain dye.

For some products, the tides are turning. In response to a petition in 2013, Kraft started offering a naturally coloured version of its iconic bright-orange macaroni and cheese. Hawkins Cheezies should take note.

Children's products have also grabbed the spotlight, generating demand for dye-free baby products,

such as baby Tylenol. Other dyed products, such as butter, go largely unnoticed.

Ignorance seems to be bliss. People much preferred dyed to undyed cheese snacks, according to one Cornell University study.

"People ranked the taste as bland and said that they weren't much fun to eat," said Brian Wansink, a professor at Cornell University and director of the school's Food and Brand Lab.

It's hard to say whether this reaction came about because the study participants were already intimately famil-

iar with dyed cheese puffs. To them, bright orange might have seemed more "natural" because that's what they were familiar with.

While Millennials and other demographics are increasingly buying products with more natural and organic-looking colours, they're still not the majority, says Dahl.

"There are a lot of people that just don't care," he says.

Evidence has been mounting that many common dyes in foods and other products are unhealthy—some outright poisonous.

Many studies have shown that Red 3, used in glacé cherries, causes cancer in animals. One 1997 study showed that it damaged the DNA in human breast cells. Numerous studies on microbes and rodents have shown that their DNA is damaged when exposed to Yellow 5, a ubiquitous dye used in original Kraft Dinner. Both pigments are permitted in Canada, the U.S. and Europe.

In January, a Consumer Reports study suggested the high levels of caramel colouring in some soft drinks was carcinogenic.

Dyes have been shown to cause behavioural changes, too. Seven years ago, the Center for Science in the Public Interest unsuccessfully petitioned the U.S. Food and Drug Administration to ban artificial food dyes because of their connection to behavioural problems in children, including ADHD.

Not all dyes are created equal, however. They're a rainbow of different compounds, some of which are totally innocuous. Not every dye causes cancer. Still, it's worth stopping to question why we eat dyes, use them in our clothes, cars and packaging and dump them into our environment. Do you need dye in your life?

If Canadians vote with their wallets, product makers will listen.

Companies will stop producing dyed products if society demands it, says Dahl: "If people aren't going to buy the products with the dyes, they will stop making them."

Stephanie Orford is a writer based in Vancouver.

Inclusive condos good, inclusive neighbourhoods better

 **KRISTEN THOMPSON**
readers@metronews.ca

Something pretty amazing in the world of social outreach happened in Toronto last week, and it's caught the attention of homeless advocates across the country. A 106-bed shelter for women and children was slated to close at the end of March, but a developer stepped in and offered space in a boutique condo in a trendy neighbourhood.

The news was celebrated around the city, especially in the community of Leslieville, where 50,000 people signed a petition demanding the shel-

ter stay open.

This is great news on the surface and something all Canadian cities can learn from, says DJ Larkin, a lawyer with Vancouver rights group Pivot Legal Society. It proves that gentrification doesn't necessarily need to come at the expense of marginalized people.

But she says planners need to make sure mixed-income neighbourhoods still offer other affordable services for low-income residents, or else those residents will be pushed out regardless.

"It's not that development in itself is a bad thing," Larkin says. "But trying to create these neigh-

bourhoods out of nothing, that are forced mix, can be problematic."

What she's talking about is the continued need for places like laundromats, drop-in centres, affordable grocery stores and supportive housing—establishments that historically disappear as neighbourhoods gentrify and begin attracting high-end businesses.

"Even if there's low-income housing and shelters, there are less services that people can access and afford," Larkin says. "You may have a roof over your head but you can't do your laundry, you can't buy the food in your neighbourhood, food banks may start disappearing."

Her case-in-point is Vancouver's Woodward's project—a massive development in the Downtown Eastside that mixes high- and low-income residences.

While it has become a new model for providing social housing in an up-scale development, it has also helped push out affordable shops and usher in a new wave of expensive stores.

Larkin says it's encouraging to know that residents of Leslieville rallied behind the shelter and support having low-income residents in their neighbourhood. But she worries that residents haven't considered all the implications of living in a mixed-income neighbourhood, and that to be

truly inclusive, they need to advocate for all of the services that low-income residents need.

"Development is necessary, and we know it's going to happen," Larkin says. "It's a good thing... to have community members with higher incomes advocate for (low-income residents). That's a really good starting place."

But her kudos comes with a caution: before municipalities take on more projects like this, let's do some research into how these developments affect the people we mean to help.

Kristen Thompson is a national editor with Metro News.

Big Brother is here

Third season. A jock, a plus-sized model, a self-appointed villain and a comedy writer vie for reality TV glory

Plenty of Big Brother houseguests have made a name for themselves by putting a proverbial foot in their mouth.

Big Brother Canada contestant Brittnee Blair, however, gamely inserts her entire fist in her mouth.

The curvaceous Calgary native displays her odd hidden talent while meeting with media in advance of the homegrown reality show's third season.

"Sure, why not?" Blair says when asked whether she'd perform the trick on the spot.

It's all about standing out, after all.

The 25-year-old plus-size model is among six reality show junkies

Global has

announced for the series this year.

Others include Sarah Hanlon, 27, an aspiring comedy writer from Toronto; Zach Oleynik, 22, a varsity quarterback who's proud to be Regina's first houseguest; Calgary native Ashleigh Wood, 21; Bobby Hlad, 26, a rock climbing instructor from Oakville; and history student Jordan Parhar, 21, of Cloverdale, B.C., who has appointed himself Season 3's villain.

"Bring it on," says the slim, bespectacled, self-described nerd. "That's the beauty of Big Brother — everyone thinks they're the hero, but I am going into this game knowing I'm probably going to be the villain because I'm willing to do whatever it takes to win this game. I'm willing to lie, cheat and backstab out of my butt until I get to the end."

As resident jock, Oleynik expects to be an early target and

says he plans to hide his physicality until later in the game, a 24/7 challenge in which houseguests compete in a series of mental, physical and social competitions.

He admitted it'll be hard to stop from getting "right into the action," noting he's competitive by nature. "I was the guy that wanted to be on the student council and just represent people," Oleynik says. "I think that naturally I was always a leader on my sports teams and within school."

As for whether he has any tricks up his sleeve, there's a strong likelihood he'll be removing his sleeves — along with his entire shirt. "I'm someone who will probably roll around with my shirt off a bit," he admits. "But that's just who I am."

Others say they plan a more subtle game. Hanlon notes she's "always been a weirdo" but can also come across as goofy and loud. Her strategy is to play down her age and get people laughing.

At stake

- **Grand prize.** \$100,000
- **Gift card.** \$25,000 from The Brick
- **Trip.** Worth \$10,000

The third season of Big Brother Canada premieres Monday on Global.

"I come off really sweet and innocent and kind of like I maybe don't care about a lot of things too much, but I (do) deep down and so I'll do anything to win," says Hanlon, who said she'll tackle each day in the house like an improv class.

More houseguests will be revealed Tuesday and Wednesday on ET Canada. This year, contenders will be housed in a newly renovated Big Brother Canada set outfitted with cameras and microphones to capture their every move.

THE CANADIAN PRESS



GOSSIP

Gabbana strikes back



NED EHRBAR

Metro World News in Hollywood



In a followup interview with Italy's Corriere della Sera, Stefano Gabbana is just plain shocked that Elton John is boycotting Dolce and Gabbana after their outrageous comments about gay parents having "synthetic" children. "I mean, you preach understanding, tolerance and then you attack others?" the designer says.

"It's an authoritarian way of seeing the world. Agree with me or, if you don't, I'll attack you. I even posted the word 'Fascist' on his Instagram."

Banks makes shocking revelations in Playboy interview

In Azealia Banks' Playboy interview, the rapper reveals that when she was 17, she dated a 43-year-old who physically abused her. "He choked me and beat me up, and of course you should not be f—ing with a man who puts his hands on you, but

I was stupid and young." She also says she hates everything about America and wants to leave the U.S. "I hate fat white Americans," she says. "All the people who are crunched into the middle of America..."

EMILY LAURENCE/METRO



Fresh
RADIO **99.1**
MODERN MUSIC

991freshradio.ca

Women have strong presence at Hot Docs

Documentary Lineup
features films by
prominent directors
like Rama Rau

Documentaries about bullied teen Rehtaeh Parsons and former Newfoundland and Labrador premier Danny Williams are among the high-profile titles heading to a Hot Docs festival bolstered by a record number of female directors.

Hot Docs president Chris McDonald says 40 per cent of the directors this year are women. That includes Rama Rau's *No Place to Hide*, about Parsons' heartbreaking case, and Kristina Goolsby and Ashley York's opening night film *Tig*, about comic Tig Notaro's defiant spirit and humour in

the face of a cancer diagnosis.

Female filmmakers have always been prominent at the festival, but McDonald says this year they seem particularly strong. "Technology has allowed documentary to be much cheaper, faster and easier-to-make film and I think maybe because there are fewer gatekeepers green-lighting films — gatekeepers who may be male in some cases, probably in most cases — it's a much more democratic process," McDonald mused.

Organizers announced a slate of 210 films from 45 countries Tuesday, many centred on comedy or music. That includes *Stay Awhile*, a portrait of the Canadian '70s pop group the Bells, who organizers said will reunite for a special performance 30 years after topping the charts. **THE CANADIAN PRESS**

Quoted

"Talent rises to the surface and there's nobody there to determine, based on gender or other issues, who gets past the goalposts."

Chris McDonald, Hot Docs president



No Place to Hide is a documentary film that traces Rehtaeh Parsons' case from the alleged sexual assault to her suicide and the media storm that followed. CONTRIBUTED

LOTTO 649
SUPERDRAW
MARCH 18 & 21

56 GUARANTEED PRIZE DRAWS PER DRAW

1 x \$1 MILLION
6 x \$100,000
49 x \$10,000

PLUS TODAY'S JACKPOT OF \$14 MILLION^{EST.}

BUY YOUR TICKET AT
PLAYNOW.COM

Orlando gets sophisticated

Florida. A city long associated with theme parks is experiencing a cultural boom thanks to the talented chefs and performers who call it home

Long derided as a cultural wasteland, Orlando's restaurant and performing arts scene has grown up in recent years, and it is starting to attract attention from American arbiters of taste.

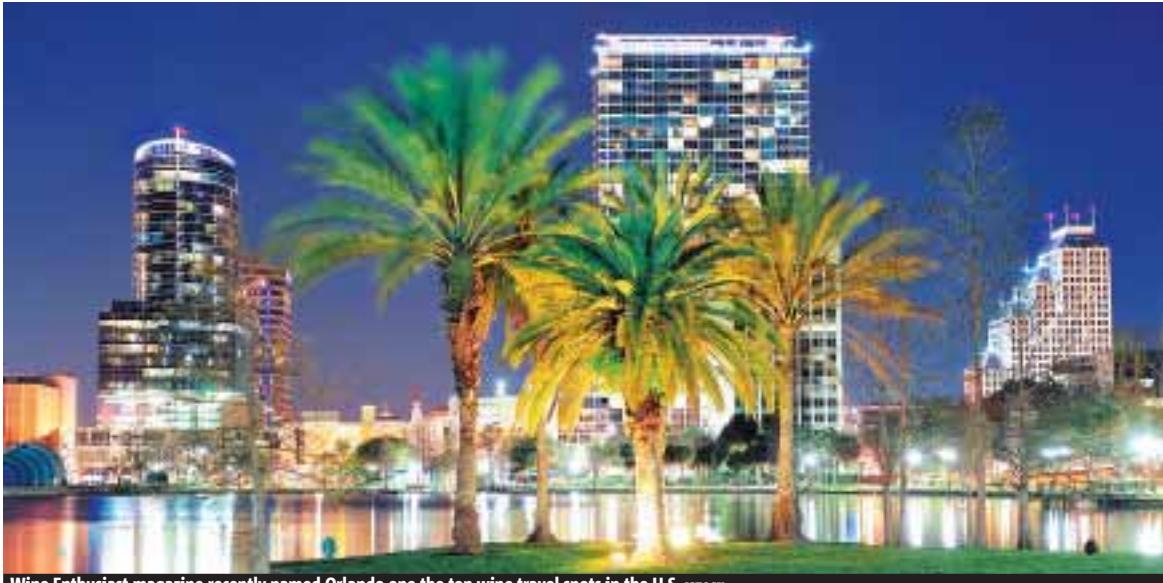
Wine Enthusiast magazine recently named Orlando as one of the United States' top wine travel destinations, and The New York Times singled out the city's food scene when it placed the city at No. 13 on its list of 52 Places to Go in 2015.

The rankings barely mentioned what the city is best known for: theme parks.

"Orlando was very synonymous, and still is, with the Mouse, and Disney, and people didn't really look outside of Disney," said James Petrakis, owner of The Ravenous Pig in the tony Orlando suburb, Winter Park. "Now with some of these newer restaurants, people are looking at some of the smaller suburbs outside Disney for a true local culture."

Adding to the buzz about the cultural scene: a new \$500-million performing arts centre downtown, and an international hunt for a new symphony conductor that's attracted some well-known names.

"We've gotten some national validation for things that we already thought were cool, but we thought they were cool just because it was something different for us. But now we know it's cool here and it would be cool if it were in New York or San Francisco," said Kamrin Rife,



Wine Enthusiast magazine recently named Orlando one of the top wine travel spots in the U.S. ISTOCK

who, with her husband John and others, opened the East End Market. It houses a collection of artisanal bakers, coffee brewers, sushi chefs and a Basque restaurant.

Orlando always had a strong theatre scene, thanks to the many actors who work at theme parks, and also several acclaimed annual festivals, such as the Bach Festival of Winter Park and a fringe theatre festival. But the construction of the Dr. Phillips Center, financed partially with taxes on tourists, gives the city a world-class venue for local performing arts groups and national touring acts.

The hunt for a new musical director has led to sold-out shows as each of five finalists performs. Audiences get to vote for their favourite in what locals are joking is the classical music equivalent of American Idol. The finalists include Eric Jacobsen, a member of Brooklyn Rider, one of the best known and most cutting-edge string quartets around, and Mexican-American conductor Alondra de la Parra.



The Dr. Phillips Center has given performers a world-class venue. THE ASSOCIATED PRESS

"All the candidates see the cultural community as on the cusp of something great," said David Schillhammer, executive director of the Orlando Philharmonic Orchestra.

Orlando used to be known as the chain-restaurant capital, a place where corporate restaurant companies would try out new concepts on the regular flow of tourists, and where every chain seemed to have planted a flag along the tourist corridor.

There always have been top chefs drawn to the kitchens at

Walt Disney World, Universal Orlando and nearby resorts, but it has only been in the last decade that food entrepreneurs catering to locals have flourished, thanks to the low cost of setting up in Orlando, a vibrant food truck scene and the growth of local farms providing fresh meats and produce.

In the process, those gastronomical efforts have produced seven James Beard Best Chef of the South semi-finalists from central Florida in the past three years.

More accolades

- **Wise Bread.** A website dedicated to penny-pinchers, calls Orlando the top city for frugal foodies in the U.S.
- **Movoto.** A real estate blog, ranked Orlando America's No. 2 city for creative people.

A decade ago, "the perception of Orlando was that there were a lot of chains and there weren't a lot of people taking risks, and there weren't a lot of restaurants trying to push the envelope or be different," Petrakis said.

"Now there is competition. There are a lot of young cooks who are getting good training. Now, they're pushing the envelope. There's getting to be so much competition now, that everyone is really trying to up their game. That's only going to generate better restaurants, service." THE ASSOCIATED PRESS

Deal

Discount airfare for exotic cruises

Avalon Waterways is offering low airfares — from just \$299 — when you book select 2015 cruises through Europe or Southeast Asia before April 7. Cruise down the Rhine from Amsterdam to Basel, down the Rhône to the Côte d'Azur, down the Danube to Vienna or through Vietnam and Cambodia on intimate small ships with all the comforts of home and then some. Visit [AvalonWaterways.ca](http://avalonwaterways.ca)

DOUG WALLACE/METRO



New

Le Méridien Versailles gets a makeover

Montreal's Le Méridien Versailles just finished renos to its 105 rooms in the heart of the city's Golden Square Mile, with new furnishings and decor, new TVs and docking stations, low-flow toilets and more. The hallways got in on the new look as well. Rates start at \$129. Starwood Preferred Guests get 1,000 points per stay, plus free Wi-Fi. Mention promo code RENO2015 at lemeridienversailles.com. DOUG WALLACE/METRO



Don't be shellfish – share the shrimp

Recipe. Skillet Shrimp with Roasted Red Pepper Lemon Sauce is a nice alternative to typical weeknight meal options



DINNER
EXPRESS
Emily Richards
food@metronews.ca

Many people like to save shellfish like shrimp for special meals or occasions.

The cost might not be within your dinner budget and that's understandable. If you're an avid grocery shopper, be sure to keep your eyes on the prices of those frozen bags of shrimp.

They do get reduced and because they are frozen they are great to have on hand.

Thawing them in the refrigerator in their bag in a bowl overnight is one of the best ways to thaw them so that their texture isn't af-



This recipe serves four. EMILY RICHARDS

fected.

You can also choose from

a variety of sizes — large, jumbo, colossal, medium,

smaller and baby shrimp as well. What you may want to look at is the number per pound on the bag to find out how many shrimp you will be getting.

I find the 21 to 25 count per pound is a great fit for families of four — everyone gets about six.

In this Skillet Shrimp with Roasted Red Pepper Lemon Sauce dish, the sauce comes together easily and it is a perfect supper to serve over rice or pasta.

The shrimp is equally delicious served on its own as an appetizer with some crusty bread to sop up the sauce.

If you want to change things up, try using scallops instead of shrimp or use a combination of both.

Directions

1. In a large non-stick skillet, heat oil over medium-low heat and cook garlic and chili flakes for 1 minute. Add roasted red peppers, parsley, lemon juice and capers, stir to coat and bring to boil.

2. Add shrimp and black pep-

Ingredients

- 1/4 cup (60 ml) extra virgin olive oil
- 3 cloves garlic, minced
- Pinch hot pepper flakes
- 1 cup (250 ml) diced roasted red peppers
- 1/4 cup (60 ml) chopped fresh Italian parsley
- 3 tbsp (45 ml) lemon juice
- 1 tsp (5 ml) drained small capers
- 1 lb (454 g) large raw shrimp, peeled and deveined
- Pinch fresh ground black pepper
- 3 cups (750 ml) cooked brown or basmati rice

FLASH FOOD



From your fridge
to your table in
30 minutes or less

per; toss to combine. Cook stirring 5 minutes or until shrimp are pink and firm.

3. Spoon shrimp and sauce over rice to serve.

Health

More reasons to avoid excess salt

Even in the absence of high blood pressure, it's best to avoid excess salt for optimal heart, kidney, brain and vascular function, say researchers at the University of Delaware in the U.S. in a paper reviewing recent research and clinical data.

Excess salt can reduce functioning of the inner lining of the blood vessels, which plays a role in immunity and blood clotting.

It could hinder vasodilation — which is the widening of blood vessels — and impair the functioning of tiny veins, regardless of your blood pressure measurements, according to the researchers.

As far as the heart is concerned, salt could help you build up too much muscle in the wall of the heart's principal chamber, which leads to diminished pumping power. AFP

Celebration of horseradish

This recipe celebrates horseradish — not the sauce you find next to the roast beef at an all-you-can-eat buffet, but the actual root.

Technically, horseradish is a vegetable and has health benefits similar to its root vegetable cousins. But with its strong flavour, we typically use horseradish as a condiment.

In this recipe, a chimichurri sauce (with beet greens instead of herbs) gets spooned over roasted fish as it comes out of the oven. The heat will make the flavours in the sauce sing.

1. Heat oven to 400 F. Line rimmed baking sheet with kitchen parchment.

2. Use 1 tablespoon of oil to



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

TEST SHAMPOO PRODUCTS PARTICIPANTS NEEDED TO TEST ANTI-DANDRUFF SHAMPOO

ONLY 3 STUDY VISITS

Hill Top Research is seeking healthy individuals to help us evaluate the anti-dandruff properties of shampoos.

Participants who complete the study will receive \$150 for their time and travel.



You may qualify if you:

- Are 18 to 65 years of age
- Are in general good health
- Have moderate to severe dandruff
- Can attend one 1.5-hour screening visit, one 2-hour study visit, and one 1.5-hour final visit, all which are evening or weekends

Study Appointments available on: March 19th, 2015

Follow Hill Top
Research
Winnipeg



Call Today
204-480-7426
studiesWPG@hill-top.com



How to avoid communication breakdowns in the workplace

Tips. Get your points across in the most effective way possible

JINGWEI CHEN
TalentEgg.ca

Broken telephone is a fun game to play — but not so much in the world of professionals.

Miscommunications can lead to mistakes and poorly produced work, as well as sour relationships and workplace environments. Moreover, it can become time-consuming and difficult to correct the error, especially if you didn't realize the other person misunderstood what you said in the first place.

The following tips are applicable to more than the workplace, so keep these in mind for the future.

Don't beat around the bush

This goes for both conversations and emails. Start with the subject you wish to discuss, then elaborate.

For example, "I want to talk to you about taking two weeks off for vacation next month" would be a good way to start, then follow with "I have accumulated this many vacation hours and I want to check with you that the team will be fine while I'm away."

In emails, make sure the subject line is clear and specific.

Do your research beforehand

Don't start a conversation without knowing all the details.

For example, if you want to discuss attending a conference, know when and where it is, how much would it cost, and who will be attending.

This allows you to keep work conversations efficient.

This also applies to emails: if there is too much back and forth in an email, you risk burying important information in the chain.

Summarize

End conversations with a quick summary. For example, say "So just to make sure we're on the same page, you're going to research this and I'm going to draft the report due next week." If the other person was unsure about something during the conversation or forgot, this is a great way to clarify everything.

Write a followup email

Miscommunications are less likely to happen in written communication, since everything is documented and people are usually able to reread any info they missed. Not only will you

Style matters

If appropriate, consider using bold or italics in emails.

- This will be most helpful if your email has multiple sections and you can emphasize the headings to clearly distinguish these sections.
- It can also be helpful to bold or italicize a few important things; for example, if an important report is due on a certain date, bold it.



Co-worker didn't understand that emoji? Maybe you need to be a little clearer next time. iSTOCK



SPEAKING FRENCH IS EASY AND USEFUL;
LEARNING IT, IS FREE!

CLIC EN LIGNE

For a better social inclusion and to improve your chances of finding a job!

The CLIC en ligne program offers immigrants online French language courses covering useful topics to facilitate their integration into the Canadian society.

Learn French

- At your own pace;
- When you want;
- Where you want.

All you need is a computer with an Internet access!

Visit our website to learn more about the program and the eligibility criteria.
www.clicenligne.ca

LA CITÉ
LE COLLÈGE D'ARTS APPLIQUÉS ET DE TECHNOLOGIE



It's Time To Check Out Robertson College.

At Robertson College, your success is our success. Increase your employability with our career-focused programs, work practicums, lifetime career services and job search assistance.

- ✓ Programs in Health Care, Business & IT
- ✓ Many programs can be completed in 1 year or less
- ✓ Online programs available to let you earn your diploma or certificate 100% online
- ✓ Transition smoothly into your new career with real experience from your practicum
- ✓ Gain access to the Robertson Employer Network

Call 204.926.8389 or visit robertsoncollege.com to get started!

Make most of meeting minutes

People can often feel like work meetings are a waste of time, with colleagues talking in circles and repeating the same facts as previous weeks. Here are some tips to maximize your meetings:

Develop a meeting agenda

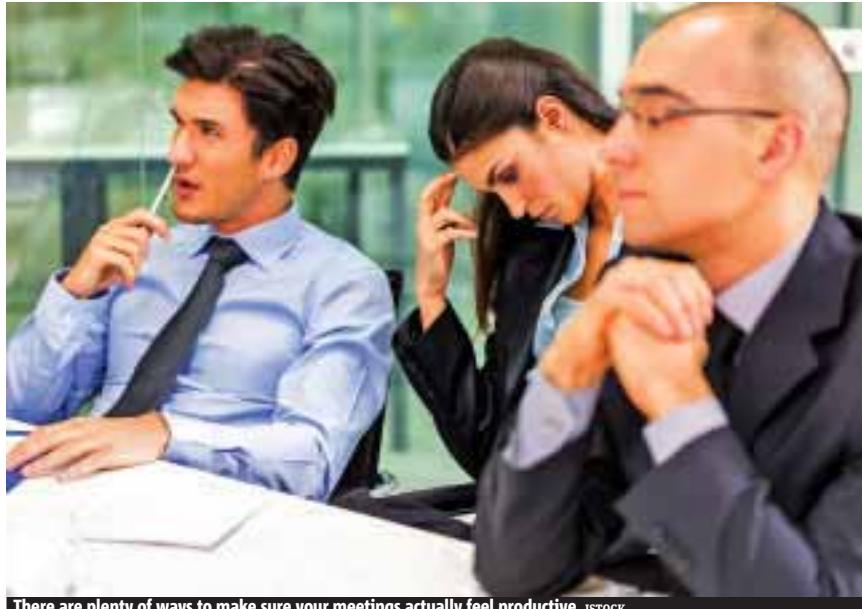
If you are the one who has called for the meeting, make sure you lay out an agenda of what needs to be covered. This will give the attendees an opportunity to prepare ahead of time for the meeting, which will likely result in higher productivity.

Come prepared

Don't show up for a meeting empty-handed. Take a look at the agenda and find out what you are required to bring to the meeting. Bring any information that people may ask you to provide from your department. Also, bring along any questions for other attendees that you want answered.

Stay on task

Without an agenda or



There are plenty of ways to make sure your meetings actually feel productive. iSTOCK

a mediator, a meeting can spiral off task pretty quickly. Assign one person to be the moderator of the meeting. This person will be responsible for watching the clock and ensur-

ing the team follows the predetermined agenda. As each topic on the agenda is discussed and answered, the moderator will be responsible for checking it off the list.

Plan your next steps
What are the next steps that will need to take place after the meeting? End every meeting with an action plan.

LAUREN MARINIGH/TALENTEGG.CA



Your opinion is news to us.

Join the Metro News Online Reader Panel and provide feedback on recent stories, ads, new features and more.

Join www.Metronews.ca/panel



Train for a Career in the Hospitality Industry



Register for our 6-8 week training programs and be ready to work this summer!

April 21

Line Cook
Food & Beverage Server

June 9

Front Desk Clerk
Housekeeping Room Attendant

*The Manitoba Training and Education Centre is a Private Vocational School Registered with Manitoba Education and Advanced Learning

*Great Careers
Begin at MTEC!*

www.MTECvocationalschool.ca Ph: (204) 957-7437

MTEC
MANITOBA TRAINING
AND EDUCATION CENTRE

RED RIVER COLLEGE | SCHOOL OF CONTINUING EDUCATION



Student Photo: Lexi Minuk (Crazy In Love Photography)

Professional Photography

Mastering the tools and techniques to take great pictures is only the beginning.

Learn from industry experts to become skilled at digital imaging, processing and running a successful business.

Start your career in August 2015; be work-ready in eight months.

For more information:
204.694.1789 or 1.866.242.7073
cde@rrc.ca | rrc.ca/pho

Wheeler and Jets sack Sharks' attack

NHL. Veteran forward pushes point streak to five games with a goal and two assists

Blake Wheeler scored twice and added an assist to help the Winnipeg Jets reclaim an NHL playoff spot with a 5-2 victory over the San Jose Sharks on Tuesday.

The Jets mounted a 3-0 lead in the first period on

goals by Adam Lowry, Mark Scheifele and Andrew Ladd. Wheeler scored his first of the game in the second period and another in the

third.

Scheifele and Drew Stafford had a pair of assists and Ladd also contributed a helper for Winnipeg (35-23-12), which was starting a three-game homestand.

Joe Pavelski scored twice and Joe Thornton assisted on both for the Sharks (34-28-8), who were starting a seven-game road trip.

Ondrej Pavelec made 36 saves for the Jets in his first consecutive starts since late November.

Antti Niemi started his sixth straight game for the San Jose, but was replaced by Alex Stalock after letting in three goals on eight shots. Stalock made 12 saves.

The Jets' 82 points gave



Blake Wheeler
GETTY IMAGES



The Jets' Andrew Ladd celebrates after scoring against the Sharks at MTS Centre on Tuesday night.

TREVOR HAGAN/THE CANADIAN PRESS

On Tuesday

5

Jets

2

Sharks

them the second wild-card spot in the Western Conference, one point ahead of idle Los Angeles.

San Jose, which is five points behind the Kings, travels to Toronto Thursday and Winnipeg hosts St. Louis the same night.

The Jets are now 5-1-3 in their last nine home games. They have seven more home games in their final 12 games of the regular season.

Wheeler extended his point streak to five games with five goals and four assists. **THE CANADIAN PRESS**

CFL

Orridge to succeed Cohon as commish

The league that blazed the trail for black quarterbacks in pro football now has its first black commissioner.

Longtime sports executive Jeffrey Orridge will take over the CFL's top job next month. He succeeds Mark Cohon, who stepped down in January after eight years on the job.

Orridge leaves his position as executive director of sports and general manager of Olympics at CBC to take the CFL helm, becoming the first black commissioner among North America's top five pro sports organizations — the CFL, NFL, NBA, NHL and Major League Baseball.

"I'm fully cognizant of that and fully embrace it," Orridge said Tuesday after being introduced at a downtown Toronto hotel. "I'm very proud of where I've come from, my background, my heritage ... it's a remarkable thing that we've come this far but it's really been on the shoulders of everybody else who's come before me."

"I don't think myself as a black sports executive, I don't consider myself the black commissioner. I consider myself the 13th commissioner of the CFL with an obligation and responsibility to carry on and build on my 12 predecessors and all their work."

THE CANADIAN PRESS



Jeffrey Orridge **THE CANADIAN PRESS**

Canada, Switzerland fit to be tied atop standings



Canada skip Jennifer Jones releases a rock as Jill Officer, left, and Dawn McEwen sweep during at the world women's curling championship in Sapporo, Japan, Tuesday. **RICHARD GRAY/WORLD CURLING FEDERATION/HANDOUT/THE CANADIAN PRESS**

Middle of the pack

Russia was alone in third place at 5-2. China, Germany, Japan, Scotland and Sweden were all tied at 4-3.

- Round-robin play continues through Thursday. The top four teams will advance to the Page playoffs.

"It forces you to have to make more precise shots and winning that way is great. The ice changed and I thought we

were really good at believing what it was doing and we obviously had the right weight for the draw to the button."

"I wouldn't want anyone else throwing that shot."

Jones and her team of McEwen, second Jill Officer and third Kaitlyn Lawes were tied with Switzerland's Alina Patz after 11 draws of round-robin play. Canada will play winless Kristin Moen Skaslien of Norway (0-7) on Wednesday before a showcase game against Patz with a berth in the Page Play-off 1-2 game potentially on the line. **THE CANADIAN PRESS**

2015 Dodge Durango	Market Position	Notable Features	Points
<ul style="list-style-type: none">Type. Five-door, AWD, midsize SUVEngine. 3.6-litre V6 (290-295), 5.7-litre V8 (360)Transmissions. Eight-speed automaticBase/as-tested price (incl. destination). \$44,295/\$60,580	<ul style="list-style-type: none">Positioned at the more off-road capable end of the midsize SUV spectrum.As a brand, Dodge is trying to become performance oriented, and more desired by younger buyers.One of the few midsize SUVs available with a big V8 for even more towing and hooligan possibilities. Also so far the only vehicle endorsed by Ron Burgundy.	<ul style="list-style-type: none">Optional HEMI V8 features FuelSaver MDS, which deactivates 4 cylinders when full power not required.Standard third-row seats. Second row can be optioned with heated seats.Available with Chrysler's biggest and brightest 8.4-inch touch-screen display.New modern-looking front with LED daytime running lights.	<ul style="list-style-type: none">Current generation debuted in 2011, on the new Jeep Grand Cherokee platform, with a major mid-cycle update completed for model-year 2014.Heavy speculation that Chrysler will discontinue Durango after 2015 model year, even though recent and attractive update a hit with lots of buyers, particularly in the U.S.

Durango is a soulful performer

Review. Big HEMI V8 makes this Dodge a smooth, enjoyable ride

MIKE GOETZ
drive@metronews.ca

Dodge brand is earmarked to concentrate in the future on cars and crossovers with an edge, leaving the serious SUV thing to Jeep.

With the Durango being the Dodge version of the Jeep Grand Cherokee, it looks like Durango might be the odd man out in a future Dodge product plan shakeout. So the Durango could possibly disappear from the lineup in a year or two. All the more reason to experience Durango while we can, and if you're going to do that, you might as well do it with a HEMI V8 aboard; a transformative power plant if there ever was one.

The HEMI's 360 hp and 390 lb-ft of torque basically turn anything into a supremely effortless and smooth cruiser on the highway, and supremely entertaining urban assault vehicle.

As with Durango's other power plant (the 3.6-litre V6),



PHOTOS: MIKE GOETZ

the HEMI is hooked up to Chrysler's new eight-speed automatic transmission. With all those gears and the HEMI's FuelSaver MDS system — which deactivates four cylinders when full power is not required — a modicum of fuel efficiency is delivered from the big V8. Transport Canada rates it at 17.3 L/100 km City, and 11.5 L/100 km Highway.

The HEMI is the exclusive engine for Durango R/T (our test vehicle), which sits atop of the Durango range. R/T models just sneak in under \$50,000 (excluding destination charge),

but our tester also had all the fancy safety systems, a rear DVD system with two screens, rear captain chairs, tow package, leather, and Chrysler's top-shelf Uconnect infotainment system, with the big 8.4-inch touch screen, to ring in at an impressive \$60,680 (including destination).

That's a big ticket, but this Durango R/T is not wanting for anything, and offers a true luxury experience — in a brand not normally associated with luxury.

Steering feels a bit too over-assisted for our tastes, and

while the Durango goes where it's pointed eagerly, it does so with a slight bit of body roll. Competitors seem to have a bit more body control.

The other item where competitors might have an edge is in interior packaging. While the Durango's cargo volume is probably more than enough for most people, some of the new same-size crossovers do carve out more interior space.

Durango's third row is pretty much like all third rows; great for kids and temporary travelling, and that's about it.

Compare
1 Toyota 4Runner Base price: \$40,750 Real 4x4 capability, but feels dated
2 Nissan Pathfinder AWD Base price: \$34,418 More crossover than SUV

But up front, in the driver's perch, and in the two great captain chairs in the second row, life is good. Lots of soulful power. A very high-end feel, with leather and top-end tech, like adaptive cruise control and heated steering wheel. An infotainment system that you can actually figure out. A commanding view of road. And knowing you're driving a very handsome truck, resplendent with 192 LEDs in the taillights and projector headlamps and LED daytime running headlamps at the other end. A cool, big fast red thing.

Your opinion makes us BETTER.

Join the Metro News Online Reader Panel and provide feedback on recent stories, ads, new features and more.

Sign up at www.Metronews.ca/panel

metro



You could WIN an advance screening pass for two to see

VENGEANCE HITS HOME
FURIOUS 7
APRIL 3

ENTER AT:
clubmetro.com

No purchase necessary. Contest open 12:01 am on March 18, 2015 to 11:59pm on March 25, 2015 to legal residents of Toronto, Vancouver, Ottawa, Calgary, Edmonton, and Winnipeg (ex QB) of age of majority in their province of residence at time of entry. Prizes available 20 double passes to the FURIOUS 7 screening in each Metro Market on April 1, 2015. ARV \$25.00 a pair CDN. Odds depend on number of eligible entries received. Internet, email address, and math skill testing question required. Rules and entry www.clubmetro.com

5
DRIVE

Carmakers want to clean up diesel's image

United Kingdom.

Campaign hopes to clear up misconceptions about diesel's green credentials

They're more expensive to buy, but the new diesel-engine cars are cheaper to run, offer better fuel efficiency than gas-run or even many hybrid cars, and, thanks to a number of

upgrades, have also become less sluggish, quieter and kinder to the environment.

Yet despite ongoing popularity in the region (55 per cent of new cars sold in Europe are diesels) they're still perceived by many motorists as adding to rather than reducing pollution.

So much so that the U.K.'s Society of Motor Manufacturers and Traders (SMMT) has launched a U.K.-wide cam-

paign, backed by Ford, BMW, Jaguar and Volkswagen, to dispel misconceptions and underline the role that cleaner diesel engines have in hitting future clean-air targets.

"Diesel cars produce, on average, 20 per cent less CO2 than equivalent petrol cars and so have a vital role to play in helping to arrest climate change," said Graeme Grieve, CEO of BMW Group UK.

There is no debating that a

well-maintained and serviced diesel engine burns less fuel than a gas engine with the same displacement.

But there is also no debating that diesel engines release more potentially harmful nitrogen oxides (NOx). To counteract this, the latest diesel cars have special particulate filters but usually take up to five kilometres of travel to start working at an optimum level. **AFP**



Many motorists perceive diesel engines as bad for the environment. **AFP**

WHEN YOU CAN GET THE CANADIAN
TRUCK OF THE YEAR
ON A

YEAR LEASE

**IT'S EASY TO
GET INTO A FORD**

**THE ALL-NEW 2015 F-150
XLT SUPERCREW 4X4 3.5L**
LEASE FOR **\$349 @ 0% APR**
MONTHLY FOR 24 MONTHS WITH \$2,275
DOWN PAYMENT. OFFER INCLUDES \$4,500 IN
MANUFACTURER REBATES, FREIGHT AND AIR TAX.

**STEP UP TO A
ECOBLEOOST® ENGINE**
OR FOR ONLY **\$39*** MORE
PER MONTH

KING RANCH MODEL SHOWN

THE FUTURE OF TOUGH
BEST-IN-CLASS TOWING (12,200LBS)*
BEST-IN-CLASS PAYLOAD (3,300LBS)*

BEST SELLING AUTOMOTIVE COMPANY IN CANADA

5 YEARS IN A ROW

BUILT FORD TOUGH

PLUS ELIGIBLE COSTCO MEMBERS \$1,000 ON MOST NEW 2015 FORD VEHICLES**

SEARCH OUR INVENTORY AT PRAIRIEFORD.CA AND VISIT YOUR PRAIRIE FORD STORE.

(SiriusXM) SiriusXM may be shown with optional equipment. Dealer may sell or lease for less. Limited time offer. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Center at 1-800-565-3671. For factory orders, a customer may either take advantage of any eligible uncancelable Ford retail customer promotional incentive, offers available at the time of vehicle factory order or time of vehicle delivery, but not both in combination thereof. Retail offers not combinable with any CPA/AFM or Daily Rental incentive, the Commercial Light Program or the Commercial Fleet Incentive Program (CFIP). *Until March 31, 2015, lease a new 2015 Ford F-150 SuperCrew 4x4 XLT 2014 package with 153.7V-1V6-5.0L SuperCrew 4x4 XLT 2014 package with 153.7L-EcoBoost V6 3.5L with a value of \$35,754 / \$38,174 (after \$2,275 / \$2,75 down payment or equivalent) trade-in and \$4,500 Manufacturer Dealer credit and including freight and air tax of \$1,800 at 0% APR for 24 months with an optional buyer's option of \$2,650 / \$2,682, monthly payment is \$149 / \$180, total lease obligation is \$30,952 / \$31,882, interest cost of leasing is \$0 or 0% APR. Additional payments required if PPA (NDPPM for Quebec), registration, security deposit (except in Quebec), HST (where applicable), excess wear and tear, and late fees. Lease offer excludes options, freight (except in Quebec), AC Tax (except in Quebec), Green Levy (if applicable), and except in Quebec, license, fuel fuel charge, insurance, dealer PDI (except in Quebec), PPA (if financed or leased), a maximum PDI fee of \$44 and third party service fees of \$4 for Quebec, if leased, administration fees (except in Quebec), and any other applicable environmental charges (except in Ontario and Quebec), and taxes. Some conditions and mileage restrictions of up to 10,000 km for 24 months applies. Excess mileage charges subject to change (except in Quebec), see your local dealer for details. All prices are based on Manufacturer's Suggested Retail Price. F-Series is the best selling pickup truck in Canada for 49 years in a row based on Canadian Vehicle Manufacturers Association statistical sales report up to 2014 year end. **When properly equipped. Max. towing of 12,200 lbs with 3.5L EcoBoost V6-3.5L engine. Max. payload of 3,300 lbs / 3,270 lbs with 3.5L Ti-VCT V6-3.5L V6 EcoBoost V6-3.5L engines. Class is Full-Size Pickups under 6,500 lbs GVW vs. 2014 competitors. F-Series is Full-Size Vehicles of 2014 model year may qualify for the offer depending on inventory... see dealer for details. Limit one offer per each eligible vehicle purchased or leased up to a maximum of two (2) separate Eligible vehicle sales per Customer Membership Number. Offer is transferable to persons domiciled with an eligible Customer member. Applicable taxes calculated before \$10,000 offer is deducted. ® Registered trademark of Price Costco International, Inc. used under license. ©2015 Ford Motor Company of Canada, Limited. All rights reserved.

Technology. Opel's got a bright idea for headlights

A host of modern premium cars already sport adaptive headlamps that can track and move in sync with steering wheel movements. Opel's concept is focused on the driver instead.

The idea is simple: a headlamp that focuses its beam on what the driver is focused on. The concept is not far away from becoming a reality, even if getting there is complex.

"We've been pursuing this concept of controlling the direction and intensity of light based on where the driver is looking for around two years. The more we understand the benefits of this technology, the more intensively we push ahead with our joint project," says Ingolf Schneider, Director of Lighting Technology at Opel.

Faithfully tracking movements across all axes normally requires multiple sensors or cameras in order to measure depth as well as direction.

However, Opel is developing a system that uses a single camera, meaning that it would be cheap enough to introduce across the company's entire vehicle range.

The camera is equipped with an infrared sensor and tracks movement around the nose and eyes 50 times a second, and this information is used to move the motorized headlamps.

However, our eyes are con-

stantly flitting around and refocusing on the things we see, whether walking down the road or driving along it at night. Transferring this constant movement to the headlights could be like a strobe light at a nightclub.

"To overcome this problem, we have successfully developed a sophisticated delay algorithm which ensures a suitably flowing movement for the light cone," says Schneider.

"Another major benefit is that the eye-tracker doesn't have to be individually calibrated for a particular driver. The system works perfectly with anyone behind the wheel, no matter what their size."

To ensure safety, a separate beam of light continues to shine in the car's direction of travel, regardless of where the driver is looking.

The Citroen DS, which celebrates its 60th anniversary this year, was the first car ever to feature dynamic headlights that moved with the steering wheel in order to illuminate the corners and the bends.

While other companies have since taken the concept and modernized it with motors and sensors — Citroen's system used rods attached to the steering wheel at one end and the lights at the other — that's about as far as headlight technology moved in the 20th century. **AFP**



Eye-tracking technology from Opel illuminates what the driver is looking at, as well as the road ahead. **OPEL/AFP**



Horoscopes by Sally Brompton

Aries

March 21 - April 20

Today's Mercury-Neptune link means that trust is something you can give but there is no guarantee it will be repaid.

Taurus

April 21 - May 21

The planets make it easy to confront the negative aspects of your personality now, so face them and overcome them.

Gemini

May 22 - June 21

If your instincts tell you that what you are being asked to go along with is not a good idea then make your excuses and don't get involved. It may make you unpopular but better to be unpopular than be broke.

Cancer

June 22 - July 23

Decide what your number one priority is going to be and stick to it. The planets warn you could easily find yourself talked into doing things today that don't do you any favours at all.

Leo

July 24 - Aug. 23

Someone will annoy you today by saying something that isn't true. According to the planets they are trying to get you to overreact so they can use your words and actions against you.

Virgo

Aug. 24 - Sept. 23

With Mercury, your ruler, overshadowed by Neptune today be careful when dealing with others, especially if they flatter you because that means they are after something.

Libra

Sept. 24 - Oct. 23

Tread carefully when dealing with partners over the next 24 hours because even little things may set them off. The last thing you need now is to spend time trying to calm them down.

Scorpio

Oct. 24 - Nov. 22

The only danger today is that in your desire to prove that you are original in your thinking you will come up with ideas that won't work. Stay practical.

Sagittarius

Nov. 23 - Dec. 21

By all means do something dramatic today, but make sure it isn't something that is going to damage your reputation. Know where the line is and be smart enough to stay this side of it.

Capricorn

Dec. 22 - Jan. 20

You may not be in the mood to compromise but you are going to have to, especially on the home front where loved ones can dig in their heels just as effectively as you.

Aquarius

Jan. 21 - Feb. 19

If there is something you don't want the world to know about, don't let even your best friend in on the secret. Once you tell one person it won't be long before everyone knows.

Pisces

Feb. 20 - March 20

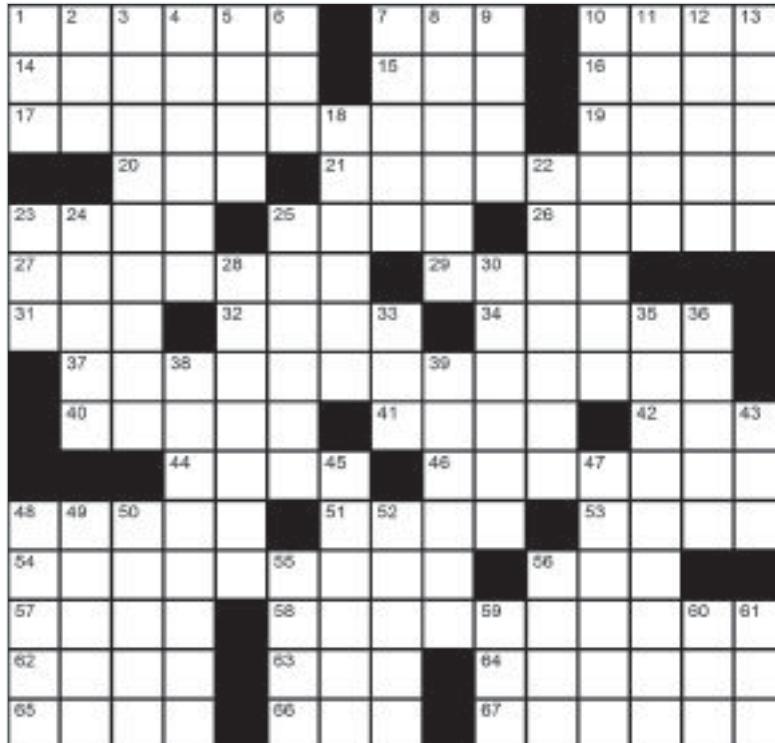
Mercury linked to Neptune in your sign means there is no telling how a gamble will work out. Why risk it?

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Soldier's ID: 2 wds.
7. Scand. land
10. Advanced math course, briefly
14. 1588 Spanish fleet
15. Biblical liquid measure
16. Racetrack shape
17. "The ___" by Stompin' Tom Connors
19. ___' War (Legendary race-horse)
20. Red Chamber fig.
21. Fossil which is Alberta's official stone, ___ wood
23. ___ sure you know..."
25. ___ Rebellion (Early-1840s insurrection in Rhode Island)
26. Common ailments
27. Look upon with contempt: 2 wds.
29. Flanders river
31. Vertical opp.
32. Soon, to Shakespeare
34. ___ if everything is okay
37. "One Tin Soldier" by Canadian group The ___

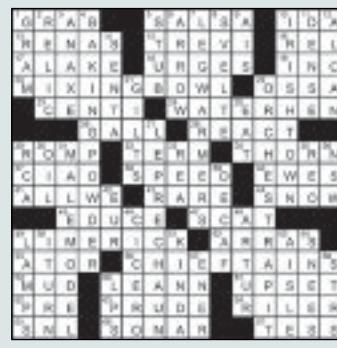
40. Aunt: French
41. Amphibians/reptiles sci.
42. Harem room
44. Herb type
46. WKRP employee Les
48. Trojan War site, poetically
51. Two peas in ___
53. Hue
54. Air Canada customer
56. Ms. Taylor, for short
57. Card game
58. Hamilton-born



59. Bon Jovi's "___ Your Hands on Me"
60. Star of CBC's "Schitt's Creek": 2 wds.
62. Mr. Epps
63. Beethoven's "Minuet ___"
64. Menu meal
65. US ___ of State
66. Morse Code bit
67. Does better than F Down
68. ___-Medonte (Ontario township)
69. 2015 ___ 1500 pickup truck
70. "I want to go, too!": 2 wds.

71. Horse footwear fitter, say
72. Like pre-Spring weather
73. Tech sch. grad
74. Toronto-born actor Mr. Young
75. Marcia Harden link
76. ___-Medonte (Ontario township)
77. 2015 ___ 1500 pickup truck
78. "I want to go, too!": 2 wds.
79. Sandy hill constructor
80. "___ Beach: The Real Orange County"
81. Big top props
82. Polls/surveys conductor, ___ Reid
83. "Flower Duet" opera by Leo Delibes
84. Hanson member
85. Singer Ms. Lee
86. Playwright Mr. Simon
87. Ms. Horne
88. Himalayas land [abbr.]
89. "Rubber Ball" singer Bobby
90. Go-ahead response

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



©2013 Conceptis Puzzles, Inc. by King Features Syndicate, Inc.



Everyone's entitled to YOUR opinion

Join the Metro News Online Reader Panel and provide feedback on recent stories, ads, new features and more.

• Answer short, online surveys • Tell us how we're doing • Every completed survey gives you a chance to win a \$25 gift card

Sign up at www.Metronews.ca/panel

metro

DEALER INVOICE PRICING

NOW WITH **0%** FINANCING[†] FOR UP TO **84** MONTHS ON SELECT 2015 MODELS



Limited model shown*

HWY: 6.7L/100 KM
CITY: 9.7L/100 KM*

2015 ELANTRA L MANUAL



2014 Elantra "Highest Ranked Compact Car in Initial Quality in the U.S."[‡]



GLS model shown*

HWY: 6.3L/100 KM
CITY: 8.9L/100 KM*

2015 ACCENT 5-DOOR L MANUAL



2014 Accent "Highest Ranked Small Car in Initial Quality in the U.S."[‡]



Limited model shown*

HWY: 9.3L/100 KM
CITY: 11.6L/100 KM*

2015 TUCSON GL FWD MANUAL

2015 CLEAROUT



Limited model shown*

HWY: 9.8L/100 KM
CITY: 12.9L/100 KM*

2015 SANTA FE SPORT 2.4L FWD

ALSO AVAILABLE IN



Sport 2.0T model shown*

HWY: 6.7L/100 KM
CITY: 9.8L/100 KM*

THE ALL-NEW 2015 SONATA GL AUTO

FINANCE FOR ONLY **\$68** WEEKLY AT **0%** FOR 84 MONTHS WITH **\$0 DOWN[†]**

DEALER INVOICE PRICE OF \$24,575*
INCLUDES \$1,252 IN PRICE
ADJUSTMENTS[‡], DELIVERY AND
DESTINATION FEES. PLUS GST/PST.



AUTOMOBILE JOURNALISTS
ASSOCIATION OF CANADA

2015 BEST NEW FAMILY CAR (OVER \$30,000)

NO CHARGE 2015 SONATA HYBRID From a 2015 Sonata GLS[§]. See dealer for details.

Visit HyundaiCanada.com for details on our entire line-up!

5 YEAR WARRANTY

5-year/100,000 km Comprehensive Limited Warranty^{††}
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty

 **HYUNDAI**
HyundaiCanada.com

NEW THINKING.
NEW POSSIBILITIES.[®]

*[†]TM The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. [‡]Dealer Invoice Price of \$14,591/\$16,309/\$24,575/\$23,419/\$27,514 available on all new 2015 Accent 5-Door L Manual/Elantra Sedan L Manual/Sonata GL Auto/Tucson GL FWD Manual/Santa Fe Sport 2.4L FWD models and includes price adjustments of \$636/\$719/\$1,252/\$473/\$1,313. Prices include Delivery and Destination charges of \$1,595/\$1,595/\$1,695/\$1,760/\$1,795, fees, levies and all applicable charges (excluding GST/PST). Prices exclude registration, insurance, PPSA and license fees. Delivery and Destination charge includes freight, P.D.E. and a full tank of gas. *[†]Customer prices are those reflected on the dealer invoice from Hyundai Auto Canada Corp. The dealer invoice price includes a holdback amount for which the dealer is subsequently reimbursed by Hyundai Auto Canada Corp. QPrice adjustments of up to \$636/\$719/\$1,252/\$473/\$1,313 available on all new 2015 Accent 5-Door L Manual/Elantra Sedan L Manual/Sonata GL Auto/Tucson GL FWD Manual/Santa Fe Sport 2.4L FWD models. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. [‡]Finance offers available O.A.C. from Hyundai Financial Services based on a new 2015 Accent 5-Door L 6-speed Manual/Elantra L 6-speed Manual/Sonata GL Auto/Tucson GL FWD Manual/Santa Fe Sport 2.4L FWD with an annual finance rate of 0%. Weekly payments are \$40/\$45/\$68/\$84/\$76 for 84 months. \$0 down payment required. Cost of Borrowing is \$0. Finance offers include Delivery and Destination of \$1,595/\$1,595/\$1,695/\$1,760/\$1,795, fees, levies and all applicable charges (excluding GST/PST). Finance offers exclude registration, insurance, PPSA, and license fees. Financing example: 2015 Accent 5-Door L Manual for \$14,591 at 0% per annum equals \$40 weekly for 84 months for a total obligation of \$14,591. \$0 down payment required. Cash price is \$14,591. Cost of Borrowing is \$0. Finance example includes Delivery and Destination of \$1,595, fees, levies and all applicable charges (excluding GST/PST). Finance example excludes registration, insurance, PPSA and license fees. No Charge Hybrid Offer: [§]Purchase or lease a new 2015 Sonata Hybrid and you will be entitled to a \$2,000 factory to dealer credit. The manufacturer's estimated retail value for Sonata Hybrid Offer is \$2,000. Factory to dealer credit applies before taxes. Offer cannot be combined or used in conjunction with any other available credit. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. No Charge Hybrid Offer not available on the 2015 Sonata Hybrid Limited or Limited with Technology, or the 2015 Sonata GL Auto, Sport, Sport with Technology, Limited, 2.0T or 2.0T Ultimate. ^{††}Price of models shown: 2015 Accent GLS Auto/Elantra Limited/Sonata Sport 2.0T/Tucson Limited AWD/Santa Fe Sport Limited AWD are \$21,277/\$26,927/\$32,943/\$36,892/\$41,572. Prices include Delivery and Destination charges of \$1,595/\$1,595/\$1,695/\$1,760/\$1,795, fees, levies and all applicable charges (excluding GST/PST). Prices exclude registration, insurance, PPSA and license fees. [‡]Fuel consumption for new 2015 Accent GLS (HWY: 6.3L/100KM; City: 8.9L/100KM); 2015 Elantra Limited (HWY: 6.7L/100KM; City: 9.7L/100KM); 2015 Sonata GL Auto (HWY: 6.7L/100KM; City: 9.8L/100KM); 2015 Tucson Limited AWD (HWY: 9.3L/100KM; City: 11.6L/100KM); 2015 Santa Fe Sport Limited AWD (HWY: 9.8L/100KM; City: 12.9L/100KM); are based on Manufacturer Testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. [‡]The Hyundai Accent/Elantra received the lowest number of problems per 100 vehicles among small/compact cars in the proprietary J.D. Power 2014 Initial Quality StudySM (IQS). Study based on responses from 86,118 new-vehicle owners, measuring 239 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed in February-May 2014. Your experiences may vary. Visit jdpower.com. [‡]*[†]Offer available for a limited time and subject to change or cancellation without notice. Dealer may sell for less. Inventory is limited, dealer order may be required. Visit www.hyundaiacanada.com or see dealer for complete details. ^{††}Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.

Focus Hyundai
1066 Nairn Ave.
Winnipeg, 204-663-3814
or 1-800-545-4488
Dealer Permit # 1383

Murray Hyundai
1700 Waverley St.
Winnipeg, 204-269-5555
Dealer Permit # 4008

Winnipeg Hyundai
3700 Portage Ave. W.
Winnipeg, 204-774-5373
Dealer Permit # 7639

Birchwood Hyundai
2420 McPhillips Street.
Winnipeg, MB, 204-633-2420
Dealer Permit # 4423